

# **NKA Pain Management Seminar Fall 2011 Seminar #1**

## **1. First Seminar – The Psychobiology of Pain**

### **a. Segment 1: Welcome and Introduction [10 minutes]**

#### **i. Psychoanalytic definition of “learning”**

- 1. Learning = “Abiding change wrought by experience.” David Rapaport, “The Structure of Psychoanalytic Theory: A Systematizing Attempt,” Psychological Issues, Volume II, No. 2, 1960, p. 99**
- 2. That is, training that results in a permanent change in thinking, feeling, and acting.**
- 3. These permanent changes in behavior are accomplished by the creation of new, permanent neuro-psychological structures that then become automatic**
- 4. Goal of the seminar is to train you so that your responses to pain and suffering, your pain and suffering and the pain and suffering of others, is permanently altered by your experiences here.**
- 5. There are two levels to the seminar that will create this change: The Rules of the Seminar and the Techniques you will learn**

#### **ii. Bloom’s Taxonomy catalogued the hierarchical structure of learning [1956]**

- 1. Knowledge**
- 2. Comprehension**
- 3. Application – Seminars will take you to this level**
- 4. Analysis**
- 5. Synthesis**
- 6. Evaluation**

## **2. Preview of First Seminar**

### **a. Group discussion of this seminar’s Guiding Question**

### **b. 5 minute Break**

### **c. Main presentation – The Four Building Blocks of our Theory of Pain Management**

#### **i. Hands-on Introduction to your own nervous system**

#### **ii. The Gate Control Theory of Pain**

# **NKA Pain Management Seminar Fall 2011 Seminar #1**

**iii. The General Adaptation Syndrome**

**iv. The Jacobson Effect**

**d. 5 minute break**

**e. Revisit Guiding Question**

**f. Q&A**

**g. Overview of Next Week's Seminar**

**h. Homework Assignment**

**3. Segment 2: Guiding Question [10 minutes]: "What is the one and only thing over which we have direct, immediate control?"**

**a. Think for a few minutes alone, then get together in groups and discuss**

**b. Report to class your answers**

**4. First Break: 5 minutes**

**5. Segment 3: 4 Building Blocks of our Pain Management Theory [45 minutes]**

**a. Introduction to your nervous system**

**b. The Gate Control Theory of Pain – Ronald Melzack and Patrick D. Wall 1967-1968**

**c. The General Adaptation Syndrome – Hans Selye 1956, 1976**

**d. The Jacobson Effect – Edmund Jacobson 1925-1931, 1929/1938**

**i. Plato, Theaetetus**

**ii. Agnes Thorson, 1925**

**6. Second Break: 5 minutes**

**7. Segment 4: Reprise of Guiding Question [5 minutes]**

**8. Segment 5: Brief Q&A [5 minutes]**

**9. Segment 6: Intro to next week's Seminar, and homework assignments [5 minutes]**

**a. Second Seminar – Somatic Approaches to Pain Management: Relaxation, Yoga and Trigger Point Release techniques**

**b. Wear light clothes which allow you to move and stretch**

**c. Bring a yoga mat or a bath towel**

**d. Additional rule: No food or drink before class**

**e. Homework:**

## **NKA Pain Management Seminar Fall 2011 Seminar #1**

- i. Become aware of your thoughts, feelings, dreams, and daydreams**
- ii. Write down those thoughts, feelings, dreams and daydreams that strike you as important or meaningful**
- iii. Practice the Progressive Relaxation routine at least once per day over the next week**
- iv. Share this information with others outside the class – the best way to master a subject is to teach it to others**